

# P R I N T I N G   S P E C I F I C A T I O N S

**Title:**    **SNAP-Ed Fact Sheet**

**Size:**     8.5x11

**Paper stock:**    80# Cover, white, smooth or preference

**Ink color:**       CMYK with 1/8 Bleed area.

**Special instructions:**    Cut to 8.5x11" size.

Washington State Department of Health

# SNAP-Ed

Supplemental Nutrition Assistance Program Education

## SNAP-Ed is an Obesity Prevention Grant Program

Local agencies receive  
SNAP-Ed grants to provide:

**1. Nutrition and/or Physical Activity  
Education for Youth and Adults**

- Grocery shopping and meal planning on a budget
- Cooking healthy, low-cost recipes
- Easy and new ways of being active

**2. Community Engagement and  
Mobilization through, Policy, System,  
and Environmental (PSE) Strategies**

- PSE Strategies encourage the healthy choice to be the easy choice



## SNAP-Ed Addresses the Needs in Washington State

**1<sup>out of</sup> 7**

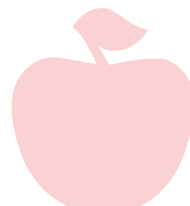
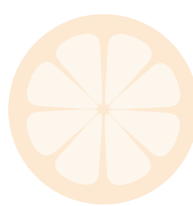
Washingtonians  
receive SNAP  
benefits

**3<sup>out of</sup> 4**

Washington youth, grades  
8 to 12, report eating less  
than five fruits and  
vegetables a day

**1<sup>out of</sup> 5**

Washington 12th graders  
report having to cut meal  
size or skip meals because  
not having enough money  
to eat well



### SNAP-Ed's Goal:

To improve the likelihood that persons eligible  
for SNAP will make healthy food choices within  
a limited budget and choose active lifestyles.



**SNAP-Ed**  
reaches the people  
who receive, or are  
eligible to receive,  
SNAP benefits



**USDA**  
Supplemental  
Nutrition  
Assistance  
Program

Putting Healthy Food  
Within Reach

# SNAP-Ed Makes a Difference in Washington State

## In FFY15 (Oct 2014–Sept 2015)

Through the work of local agencies, Department of Health SNAP-Ed collectively reached:

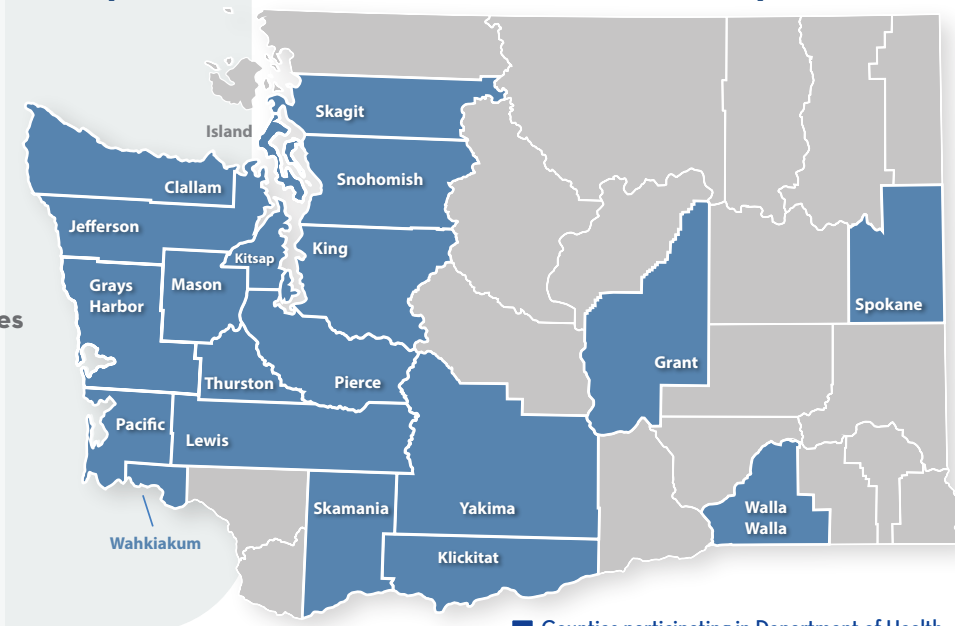
**1. 26,552 Washingtonians through direct education:**

- 6,802 Youth
- 19,750 Adults

**2. 368 local sites, including:**

- Public Schools
- Community Centers
- Farmers Markets
- Public Housing
- Childcare locations
- Grocery Stores
- Worksites
- Food Banks
- Hospitals
- Churches

**3. 19 Counties**



### SNAP-Ed Participants:

#### Increased their knowledge and use of MyPlate

- MyPlate encourages participants to make healthy food choices, including fruits and vegetables.

#### Improved their eating habits, including:

- Eating fruits and vegetables more often and eating less refined grains
- Drinking water instead of sugar sweetened beverages

#### Improved their cooking and shopping skills, including:

- Reading nutrition facts or ingredient lists when shopping
- Buying foods with lower added fats, sugar, and salt
- Stretching food dollars to last all month

### SNAP-Ed Local Agencies:

#### Implemented Policy, Systems, & Environmental Strategies:

- Safe walking and biking routes to school written in city plan
- Water bottle filling stations added in schools
- Fresh produce donated to food bank through plant-a-row campaign
- Active play time increased in childcare
- Garden vegetables and scratch cooking used in school meals

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP. USDA is an equal opportunity provider and employer.



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